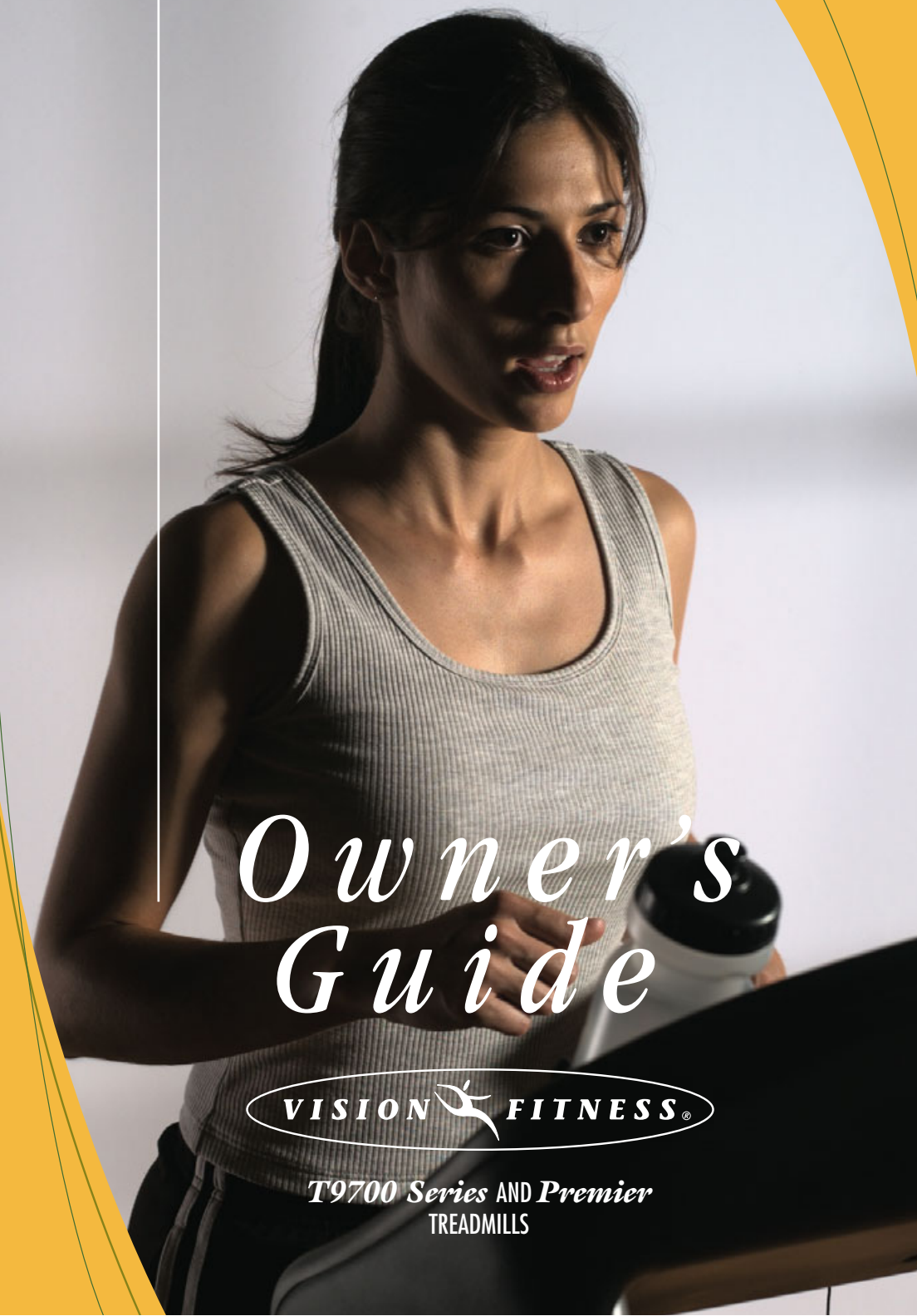

Owner's Guide

VISION FITNESS®

T9700 Series AND ***Premier***
TREADMILLS

Congratulations on choosing a VISION FITNESS Treadmill. You've taken an important step in developing and sustaining an exercise program! Your Treadmill is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Treadmill can improve the quality of your life in so many ways…

Here are just a few of the health benefits of aerobic exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help In Countering Anxiety and Depression
- An Improved Self Image

The key to reaping these benefits is to develop the exercise habit. Your new Treadmill will help you eliminate the obstacles that prevent you from getting in your exercise time. Snow and rain and darkness won't interfere with your workout when you have your Treadmill in the comfort of your home. This Owner's Guide provides you with basic information on starting an exercise program. A more complete knowledge of your new Treadmill will assist you in realizing your goal of a healthy lifestyle.

Service to your Treadmill should only be performed by your VISION FITNESS retailer. Please contact your authorized VISION FITNESS retailer should service be required. If a question or problem arises which cannot be handled by your VISION FITNESS retailer, please contact us:

VISION FITNESS
500 South CP Avenue
P.O. Box 280
Lake Mills, WI 53551
Ph: 1.800.335.4348
Fax: 1.920.648.3373
www.visionfitness.com

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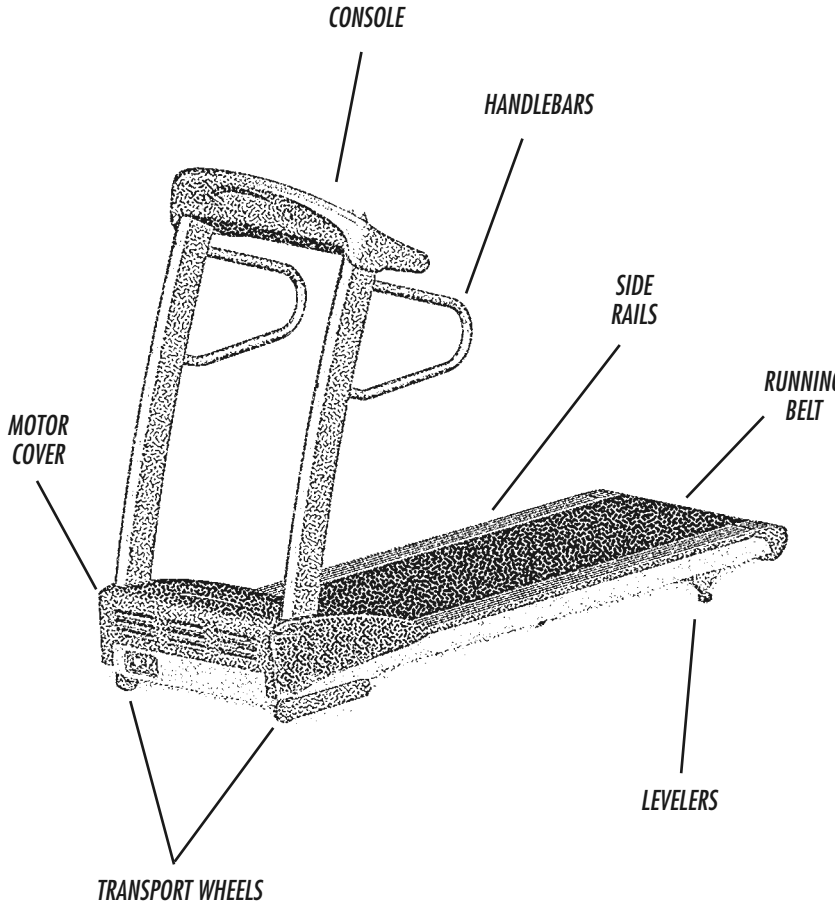
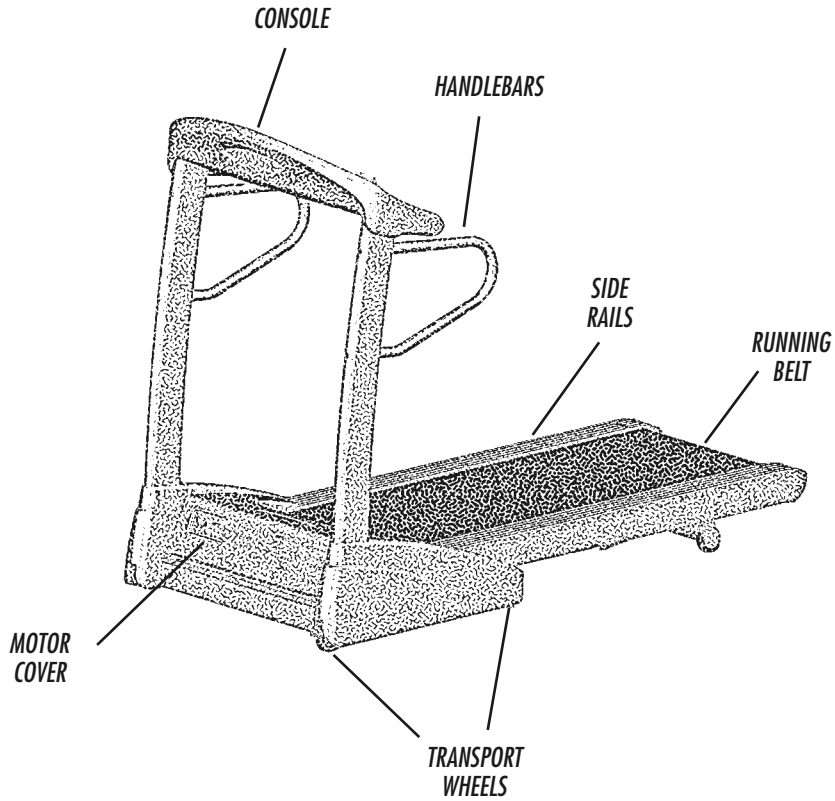


T9700S **T9700HRT** **PREMIER**

PLATFORM TREADMILLS


CONSOLE
HANDLEBARS
SIDE RAILS
RUNNING BELT
MOTOR COVER
TRANSPORT WHEELS

IMPORTANT SAFETY INSTRUCTIONS
SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following:
Read all instructions before using this exercise product.

WARNING! To reduce the risk of burns, fire, electrical shock or injury to persons:

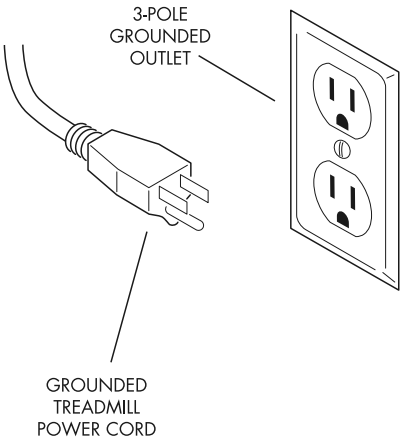
- Use this exercise product for its intended use as described in this Owner's Guide. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Treadmill motor covers or roller covers. Service should be performed only by an authorized VISION FITNESS retailer.
- Never operate this Treadmill if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the Treadmill to a retailer for examination and repair.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- To disconnect, turn the switch to the OFF position, then remove plug from outlet.
- Never place the power cord under carpeting or place any object on top of the power cord, which may pinch and damage it.
- Unplug your VISION FITNESS Treadmill before moving it.

CHILDREN

- Keep children off your VISION FITNESS Treadmill at all times.
- When the VISION FITNESS Treadmill is in use, young children and pets should be kept at least 10 feet away.

POWER REQUIREMENTS

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated below. An improper connection of the equipment grounding conductor can result in a risk of an electrical shock. Do not modify the plug that was provided with this product. If this plug does not fit into your outlet, have a qualified electrician install the proper outlet. Adapters, extension cords and surge protectors should not be used with this product. Also, a GFI protected receptacle should not be used. It is recommended to use a 20 amp dedicated circuit.



OTHER SAFETY TIPS FOR YOUR VISION FITNESS TREADMILL

CAUTION!: If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

- Do not wear clothing that might catch on any part of the Treadmill.
- Read this Owner's Guide before operating this Treadmill.

ASSEMBLY

VISION FITNESS recommends this Treadmill be assembled and delivered by qualified personnel. If you have elected to assemble this product yourself, for your safety please read and follow each of the steps in the enclosed Assembly Guide. It is recommended, when possible, that assembly be performed by an authorized VISION FITNESS retailer. If you have any questions regarding any part or function of your Treadmill, contact your VISION FITNESS retailer.

PLACEMENT IN YOUR HOME

It is important that you place your Treadmill in a comfortable and inviting room. Your Treadmill is designed to use minimal floor space. Many people will place their Treadmills facing the TV or a picture window. If at all possible, avoid putting your Treadmill in an unfinished basement. To make exercise a desirable daily activity for you, the Treadmill should be in an attractive setting.

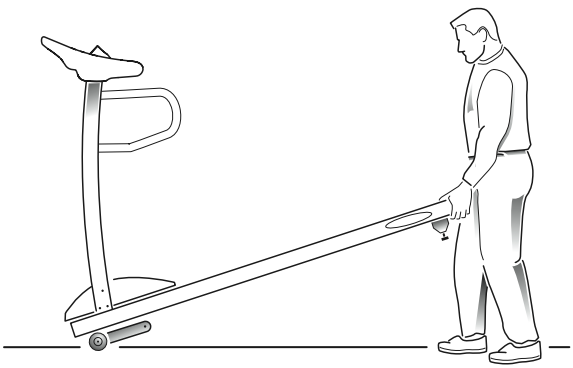
NOTE: If you place your Treadmill facing out from a wall, you should leave three feet between the wall and the Treadmill to ensure safe operation.

PLATFORM TREADMILLS ONLY

MOVING YOUR VISION FITNESS *PLATFORM* TREADMILL

Your VISION FITNESS Treadmill has a pair of transport wheels built into the front legs. To move, firmly grasp the back end of the frame, carefully lift and roll.

CAUTION: Our Treadmills are well-built and heavy, weighing up to 300 pounds! Use care and additional help if necessary.



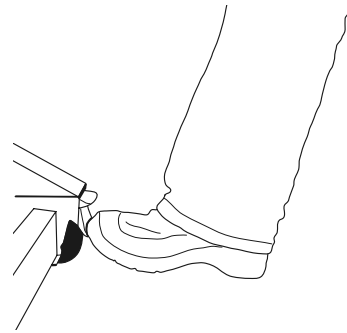
LEVELING

Your Treadmill should be level for optimum use. Once you have placed your Treadmill where you intend to use it, raise or lower one or both of the adjustable levelers located on the back of the Treadmill frame. A carpenter's level is recommended. If your Treadmill is not level, the running belt may not track properly. Once you have leveled your Treadmill, lock the levelers in place by tightening the nuts against the frame.

FOLDING TREADMILLS ONLY

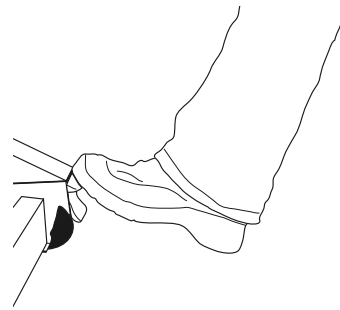
TRANSPORT WHEEL LOCK

Your folding Treadmill comes with transport wheels on the front and back of the bottom frame that should be locked when the Treadmill is in use. Simply press down on the bottom latch with your foot on all four transport wheels.



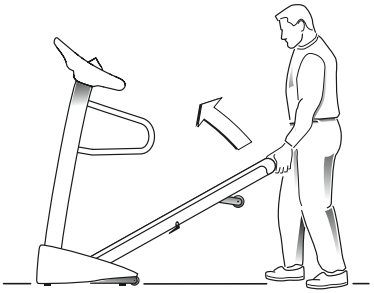
TRANSPORT WHEEL UNLOCK

To move your Treadmill, you will need to unlock the transport wheels. With the Treadmill folded, simply press down the top latch with your foot on all four transport wheels. This will release the locking mechanism on the wheels.



FOLDING

To fold your Treadmill in the upright position, first make sure the Elevation is set to 0; if it is not, lower the Elevation to 0 (if you do not set the Elevation to 0 the Treadmill will not fold and lock). Next, make sure the four transport wheels are locked. Then, simply lift the back end of the Treadmill with both hands and push it up. The Treadmill has a built-in locking mechanism that will automatically engage and click into place when you reach a vertical point.



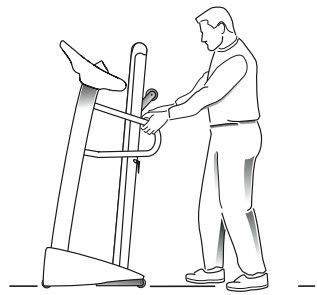
UNFOLDING

To unfold your Treadmill from the upright position, simply lift the lever on the left side vertical rail. Guide the deck about half way down to the floor with both hands. You may then let go of the deck, and the shock spring will guide the deck down to the floor.

CAUTION: Our Treadmills are well-built and heavy, weighing up to 300 pounds! Use care and additional help if necessary.

MOVING YOUR VISION FITNESS *FOLDING* TREADMILL

Your VISION FITNESS Treadmill has four transport wheels built into the rear frame. Make sure the transport wheels are unlocked before moving the Treadmill. To move, fold the Treadmill into the upright position, firmly grasp the frame by the handlebars, then carefully roll.

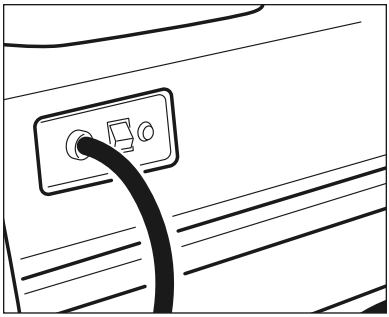


LEVELING

The Treadmill should be level for optimum use. If the Treadmill is on an un-level surface, raise or lower one or both of the adjustable levelers located on the front frame. A carpenter's level is recommended. If your Treadmill is not level, the running belt may not track properly.

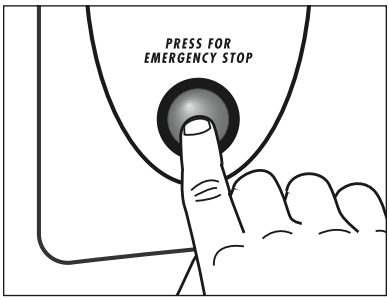
POWER

Ensure that your Treadmill is properly connected to a power outlet, then turn on the Power switch, located at the front of the main frame.



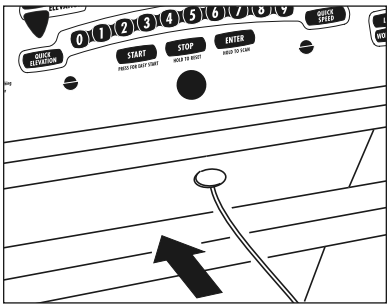
EMERGENCY STOP (*T9700 SERIES* ONLY)

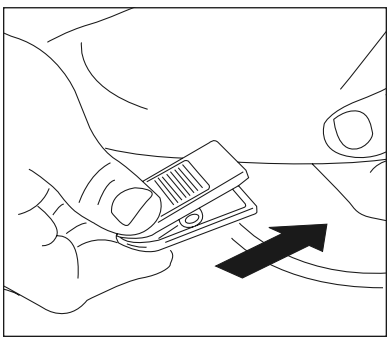
If at any time you need to stop the Treadmill quickly, simply press the Emergency Stop button. This will instantly cut all power and the Treadmill will come to a stop. To resume your workout, you will need to re-enter any data.



SAFETY MAGNET KEY & CLIP

Your VISION FITNESS Treadmill will not start unless the Safety Magnet Key is inserted into the circle in the console overlay. You should attach the clip end to your clothing. If at any time you need to stop the Treadmill quickly, simply pull the Safety Magnet Key off the console. This will cut all power to the Treadmill, and it will come to a complete stop. To resume your workout, place the Safety Magnet Key back in place. This will send you back to the start-up mode.

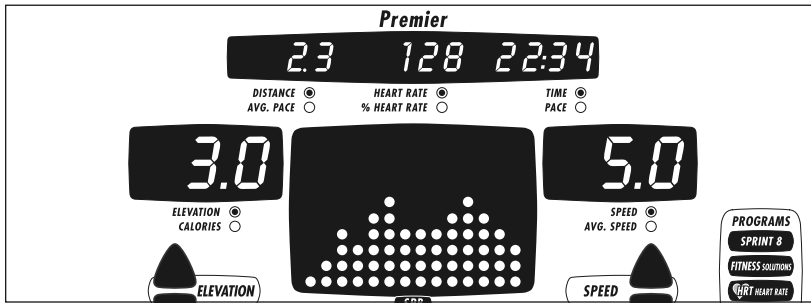




T9700S, T9700HRT, & PREMIER FEEDBACK DISPLAY

ALPHANUMERIC MESSAGE CENTER

This is a display that will scroll the operation instructions in the top center display window. It will also display your feedback when the LED next to the appropriate word is lit.



DISTANCE

Shown as miles or kilometers. View Distance traveled during workout.

AVG PACE

Shown as time (minutes:seconds). Equals accumulated time divided by accumulated distance.

HEART RATE

Shown as beats per minute. You can monitor your heart rate at any time during a workout by using the wireless chest transmitter or gripping the hand pulse heart rate sensors on the front handlebar.

% HEART RATE

Displays percentage of maximum heart rate.

TIME

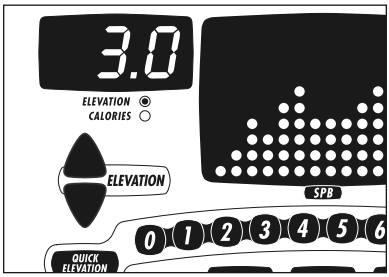
Shown as Minutes:Seconds. View the Time remaining or the Time elapsed in your workout.

PACE

Shown as time (Minutes:Seconds) required to travel one mile at current Speed.

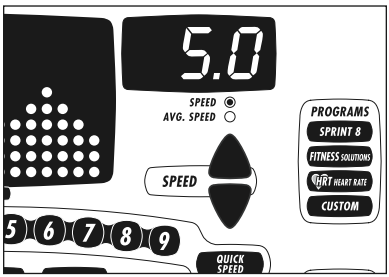
T9700S, T9700HRT, & PREMIER
FEEDBACK DISPLAY

ELEVATION
Shown as percentage of incline, Elevation is visible in the left-hand LED window. Indicates how steeply inclined the running surface is to simulate walking/running on a hill.



CALORIES
Shown as estimated calories burned during workout.

SPEED
Shown as Miles/Hour or Kilometers/Hour, Speed is visible in the right-hand LED window. Indicates how fast the running surface is moving to simulate outdoor walking/running.

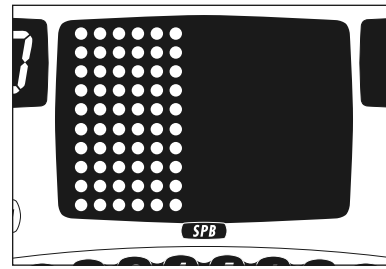


AVG SPEED
Shown as Miles/Hour or Kilometers/Hour. Calculates the Average Speed of your workout based on accumulated time and accumulated distance.

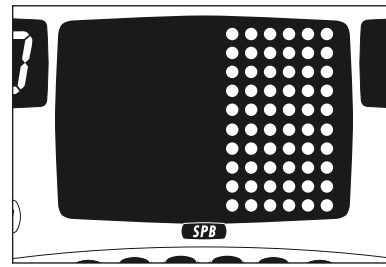
T9700S, T9700HRT, & PREMIER
FEEDBACK DISPLAY

PROFILE MATRIX WINDOW

The left dots #1-6 will show an Elevation profile in 6 segments in ORANGE. This profile is not an exact representation of the elevation profile, but just a bar graph. The profile will scroll to the left during operation.



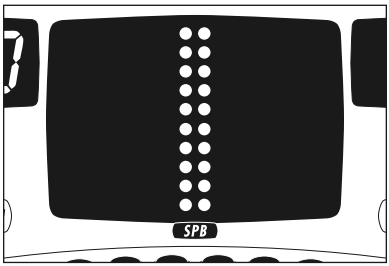
The right dots #1-6 will show a Speed profile in 6 segments in RED. This profile is not an exact representation of the speed profile, but just a bar graph. The profile will scroll to the left during operation.



(continued on next page.)

T9700S, T9700HRT, & PREMIER
FEEDBACK DISPLAY

SPB-SEGMENT PROGRESS BAR

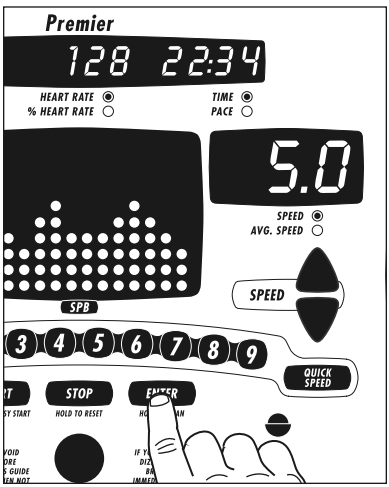


The center two columns on the dot matrix are the SPB (Segment Progress Bar). These two bars represent the accumulated time per segment. Each program has 20 segments (17 for Sprint 8). The SPB takes the segment time and divides it into 10 vertical dots. More dots appear as you progress in each segment. When the segment is complete, the SPB starts over.

For example, if your workout is 20 minutes long, each segment is one minute. The SPB will divide the 1 minute into 10 dots, or 6 seconds per dot. The dots would clear and start counting up as each segment is complete.

SCAN FUNCTION

To scan the data during your workout, simply press the ENTER key. To continuously Scan, press and hold ENTER until the Console double-beeps (about two seconds.)



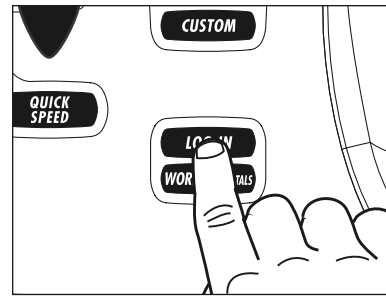
T9700S, T9700HRT, & PREMIER FEATURES

USER LOG-IN

The *T9700S, T9700HRT,* and *PREMIER* consoles have a special feature that allows you to Log-In and save all data from your workout. To use this function follow these steps.

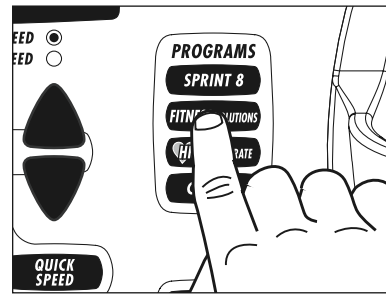
PRESS LOG-IN BUTTON

Use the number keys or either set of arrow keys to choose a user I.D. number (1-10). This will appear in the Alphanumeric Message Center. Then press ENTER.



CHOOSE A PROGRAM (*T9700HRT* & *PREMIER* ONLY)

Select the desired program by using one of the Program Quick-Keys (see page 21 for program setup) or press START to enter the Manual mode.



SAVE AGE AND WEIGHT

When setting up a program after entering user Log-In, your age and weight will be saved to your Log-In number.

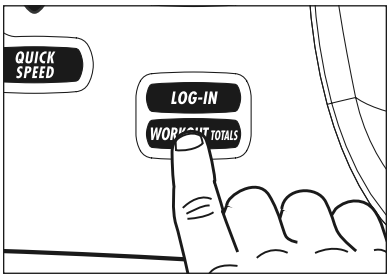
T9700S, T9700HRT, & PREMIER FEATURES

WORKOUT TOTALS BUTTON

To use this function you will need to use the same user I.D. number and follow these three steps.

PRESS WORKOUT TOTALS BUTTON

Use the number keys or either set of arrow keys to enter your user I.D. number. This is the same number that you use to log-in before you begin working out. Then press ENTER.



TOTALS ARE DISPLAYED

Now your accumulated totals for Distance, Hours, Calories, Average Speed, and Average Pace are displayed. Press ENTER to scroll the data.

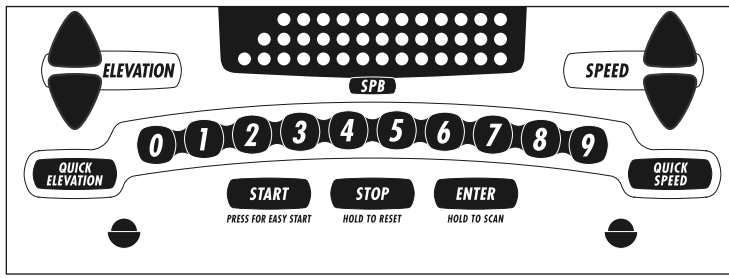
RESET WORKOUT TOTALS

When reviewing your user totals, simply press and hold the STOP key on the overlay. This will clear the user total information.

T9700S, T9700HRT, & PREMIER FEATURES

QUICK SPEED AND QUICK ELEVATION KEYS

Use the QUICK SPEED and QUICK ELEVATION keys as an option to increase and decrease the speed and elevation to your desired setting. First press the QUICK SPEED or QUICK ELEVATION key, then press the numbered keys (0-9).



QUICK SPEED

Examples of the QUICK SPEED key operation: to change the speed to 4.0 mph/kph, press QUICK SPEED, then 4. To change the speed to 4.5 mph/kph, press QUICK SPEED, then 4, then 5. The Quick Speed keys adjust the speed in 0.1 mph/kph increments. The maximum speed using the Quick Speed keys is 9.9 mph/kph.

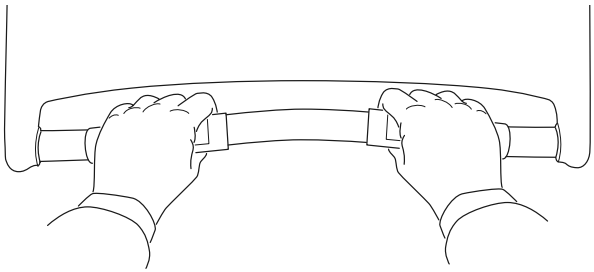
QUICK ELEVATION

Examples of the QUICK ELEVATION key operation: to change to 6% elevation press QUICK ELEVATION, then 6. To go to 10% elevation, press QUICK ELEVATION then 1, then 0. The Quick Elevation keys adjust the elevation in 1% increments.

CONTACT HEART RATE

HAND PULSE HEART RATE SENSORS

The Contact Hand Pulse Sensors are included on this product to monitor your heart rate. To use, grasp both of the sensors with a comfortable grip during your workout. The console will display your heart rate. Although your signal will be displayed immediately, it may take the system a few seconds to zero in on your actual heart rate.



NOTE: For the Heart Rate Training programs, you must use the chest transmitter. See Page 43.

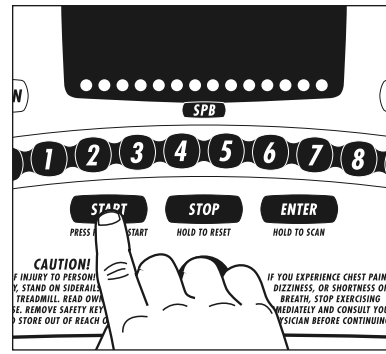
CARDIO PORT (*T9700S* AND *T9700HRT* ONLY)

A Cardio Port is located on the back of the console that is compatible to entertainment protocol such as Cardio Theater. The top port is the active port to use for this function.

INTRODUCTION TO T9700S

EASY START

To start the *T9700S*, simply press START; the Treadmill will start and time will count up.

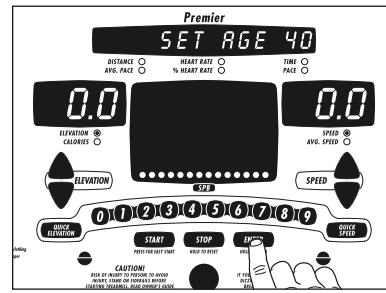


ENTER DATA

If you would like to set your age, time, and weight, press ENTER at the start-up screen.

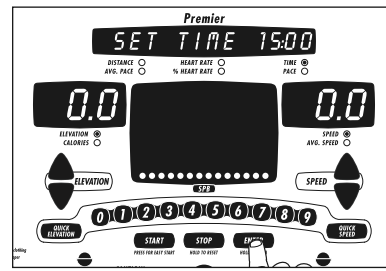
ENTER AGE

Set your age using the number keys or either set of arrow keys. Press ENTER. Your age is used to determine your predicted maximum heart rate.



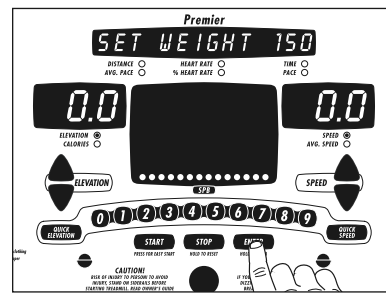
CHOOSING A TIME

Choose time using the number keys or either set of arrow keys and press ENTER. Time will count down.



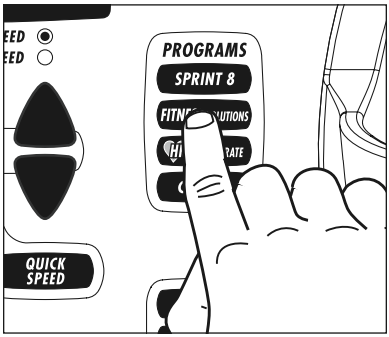
ENTERING YOUR WEIGHT

Enter weight using the number keys or either set of arrow keys. Press ENTER. After you press START the dot matrix will display a 3,2,1 count down and "beep". The belt will start moving after the count down.



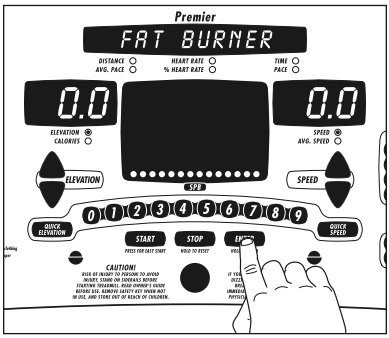
PROGRAM QUICK-KEYS

We have made choosing a program simple and easy with our program Quick-Key feature. All you need to do is select one of the keys and you are on your way. The SPRINT 8 key takes you directly to that program. FITNESS SOLUTIONS, HRT® HEART RATE, and CUSTOM are categories. Select these keys and use the arrow keys to select your desired program.



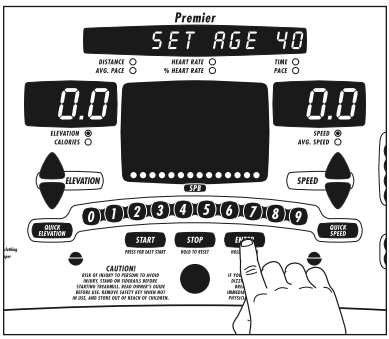
CHOOSE A PROGRAM

Once a program category is selected, use either set of arrow keys to choose a program. Press ENTER.



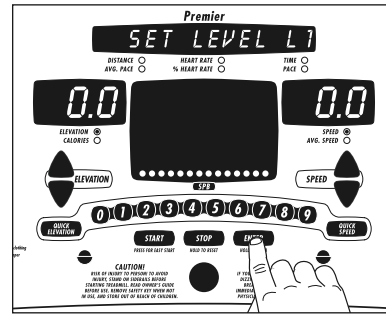
ENTER AGE

Set your age using the number keys or either set of arrow keys. Press ENTER. Your age is used to determine your predicted maximum heart rate.



CHOOSING A LEVEL

Choose level using the number keys or the arrow keys and press ENTER. The elevation & speed window will display the programs maximum elevation & speed. The Alphanumeric Message Center will also display "***L1***", etc..



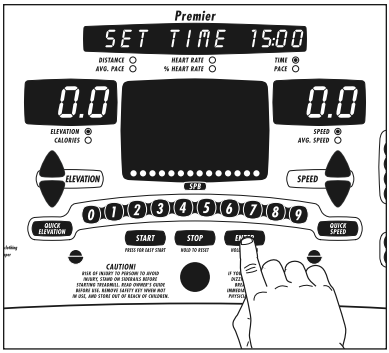
PROGRAM LEVELS

Most programs have 10 levels, and SPRINT 8 has 17 levels. By having multiple levels to chose from, you can change the intensity of your workout as your fitness level improves. In general, the beginner levels have lower level numbers and the most advanced levels have higher level numbers. For example, L17 will be the most advanced workout and L1 will be the beginner level. If you are not sure what fitness level you are at, you should start out at a lower level and work up to a comfortable level.

NOTE: All the programs can provide an aerobic and cardiovascular benefit in addition to the specific benefits listed.

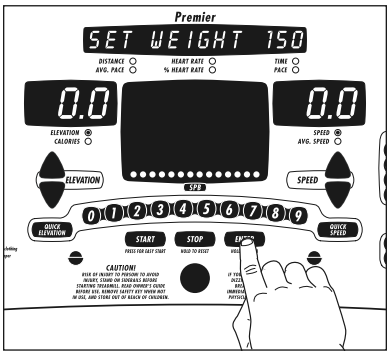
CHOOSING A TIME

Choose time using the number keys or either set of arrow keys and press ENTER. The time window will blink to let the user know what time they have input.



ENTERING YOUR WEIGHT

Enter weight using the number keys or either set of arrow keys and press ENTER. After you press START the dot matrix will display a 3,2,1 count down and "beep". The belt will start after the count down.

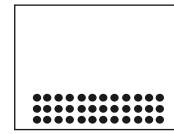


SPRINT 8 • ELEVATION & SPEED CHANGES

SPRINT 8 is an anaerobically-based interval program. It is effective in recruiting fast twitch muscle fibers and improving athletic performance. Medical research supports that this type of exercise will help combat somatopause, which inflicts adults in middle-age and is signified by weight gain, muscle loss, wrinkled skin, and lack of energy. See Page 25 for SPRINT 8 program details.

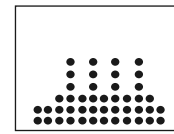
MANUAL

Customized workouts; with no default Time.



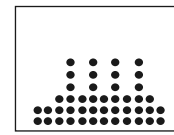
MUSCLE TONER • ELEVATION CHANGES

Improves your strength, speed, and endurance by raising and lowering the elevation throughout your workout to involve both your heart and leg muscles; time defaults to 30 minutes.



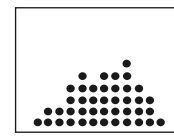
SPEED INTERVALS • SPEED CHANGES

Promotes weight loss by raising and lowering your speed level while still keeping you within your fat-burning zone; time defaults to 30 minutes.



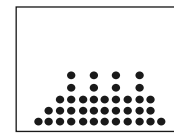
5K • ELEVATION CHANGES

Improves your cardiovascular training by simulating a 5K run with hills; no preset time with elevation changes.



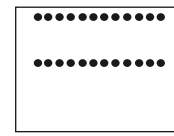
FAT BURNER • SPEED AND ELEVATION CHANGES

Promotes fat burning by raising and lowering your speed and elevation level while still keeping you within your fat-burning zone; time defaults to 30 minutes.



PACER

You race against the console. Set your race distance and beat the Pacer! (See page 26 for program details)



USING THE SPRINT 8 PROGRAM

The SPRINT 8 program is an anaerobic interval program designed to build muscle, improve speed, and naturally increase the release of Human Growth Hormone (HGH) in your body. Producing HGH through exercise and a proper diet has been shown as an effective way to burn fat and build lean muscle mass according to Phil Campbell, author of *Ready, Set, Go! Synergy Fitness*. Please go to Mr. Campbell's website, www.readysetgofitness.com, for more details about this radical new approach to fitness.

The SPRINT 8 program features intense sprint intervals followed by recovery intervals. The program includes the following phases:

1. **WARM-UP** (3:00) should gradually increase your heart rate and increase respiration and blood flow to working muscles. The warm-up is controlled by the user to meet your specific needs.
2. **INTERVAL TRAINING** (14:30) starts immediately after the warm-up with a 30-second sprint interval; changing both speed and elevation. Seven recovery intervals of one minute and 30 seconds will alternate with the eight 30-second sprint intervals. The sprints will increase speed and elevation at the 3rd and 5th interval. The recovery speed is about 2–3 mph slower than your sprint and the recovery elevation is 0. You can alter your speed using the Speed Quick Keys or SPEED UP and DOWN arrows. To adjust the elevation; simply use the Elevation Quick Keys or ELEVATION UP and DOWN arrows.
3. **COOL-DOWN** (2:30) helps return your body's systems to resting levels. Less demand is placed on your heart during recovery if an appropriate cool-down is used following the exercise.

In order to keep track of each segment/interval, the segment time is counted down in the timer. It takes only 20 minutes to complete the SPRINT 8 workout.

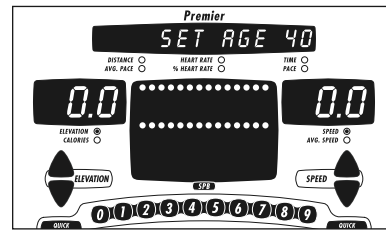
T9700HRT & PREMIER

PACER PROGRAM DETAILS

This is a motivational program that allows you to race against the console. You determine the speed of the pacer and the distance of the workout. You control your own speed and elevation throughout the program. The top row of dots is the pacer. You are the blinking dots in the middle row of the dot matrix profile. The dot matrix will keep track of your progress. The dots will move across the matrix two times for a total of 28 segments. The time of the program will depend on how long it takes you to complete the distance. The program will not end until you have completed the distance.

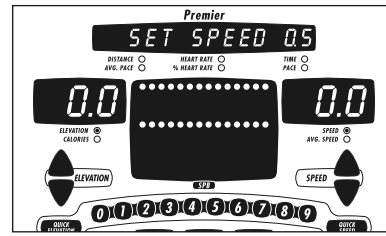
ENTER AGE

Set your age using the number keys or either set of arrow keys. Press ENTER. Your age is used to determine your predicted maximum heart rate.



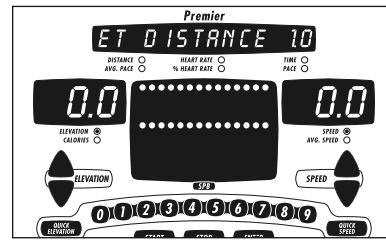
CHOOSING PACER SPEED

Use the number keys or either set of arrow keys to select the Pacer speed. To input 10.0 mph/kph or greater, press the "9" key two times and then press the UP ARROW key. Press ENTER. This will be a consistent speed throughout the workout.



CHOOSING DISTANCE

Set the goal distance by using the number keys or either set of arrow keys to select the Pacer distance. Press ENTER.



SET WEIGHT

Set your weight using the number keys or either set of arrow keys. Press ENTER. By entering weight, the totals for calories will be adjusted according to your entered weight.

STARTING

When you are ready to begin, press START.

T9700HRT & *PREMIER* HEART RATE TRAINING

HRT® WEIGHT LOSS (65% OF PREDICTED MAXIMUM HEART RATE) • ELEVATION ONLY

Program default is 30 minutes

The HRT® WEIGHT LOSS program is designed to maintain you at 65% of your predicted maximum heart rate. The Treadmill has a three minute warm-up. During the warm-up you will control both speed and elevation. After 3:00, if you have not achieved +/– 3 beats per minute (BPM) of your target heart rate, the Treadmill will control the elevation to bring you to +/– 3 BPM of your target heart rate. The timer begins to count down after the 3:00 warm-up. You will have control of the speed throughout the program.

HRT® CARDIO (80% OF PREDICTED MAXIMUM HEART RATE) • ELEVATION ONLY

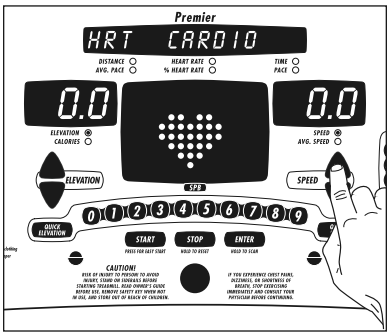
Program default is 30 minutes

The HRT® CARDIO program is designed to maintain you at 80% of your predicted maximum heart rate. The Treadmill has a 5 minute warm-up time. During the warm-up you will control both speed and elevation. After 5:00, if you have not achieved +/– 3 beats per minute (BPM) of your target heart rate, the Treadmill will control the elevation to bring you to +/– 3 BPM of your target heart rate. The timer begins to count down after the 5:00 warm-up. You will have control of the speed throughout the program.

NOTE: Follow the instructions below for program setup or follow the instructions on the Alphanumeric Message Center.

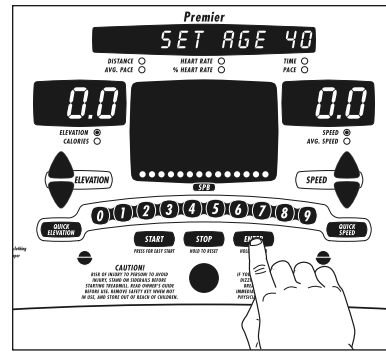
CHOOSE THE HRT® WEIGHT LOSS & HRT® CARDIO

Press the HRT® HEART RATE key. Use either set of arrow keys to choose "***HRT WEIGHT LOSS***" or "***HRT CARDIO***". Press ENTER.



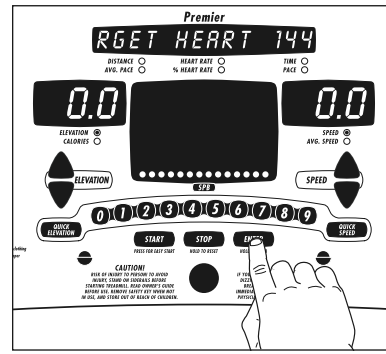
ENTER AGE

Set your age using the number keys or either set of arrow keys. Press ENTER. Your age is used to determine your predicted maximum heart rate.



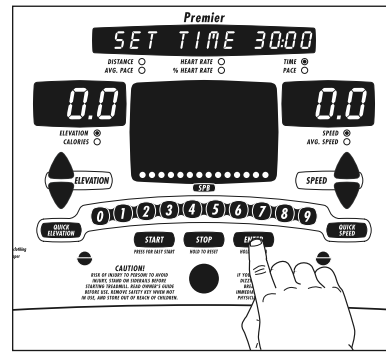
ENTER TARGET HEART RATE

You can change the target heart rate by using the number keys or either set of arrow keys, enter your target heart rate and press ENTER.



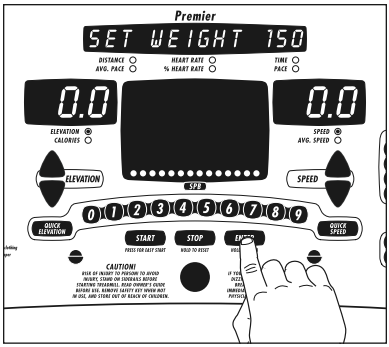
CHOOSE PROGRAM TIME

After you have chosen your target heart rate, the time window will show the program default time of 30:00. You may change the time, by using the number keys or either set of arrow keys. Press ENTER. The minimum time for this program is 5:00.



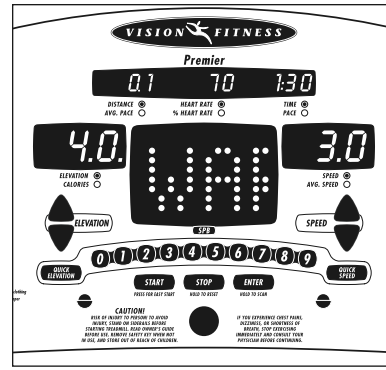
ENTERING YOUR WEIGHT

Enter weight using the number keys or either set of arrow keys. The Alphanumeric Message Center window will display the weight. Press ENTER. Press START to begin. After you press START the dot matrix will display a 3,2,1 count down and "beep". The belt will start after the count down



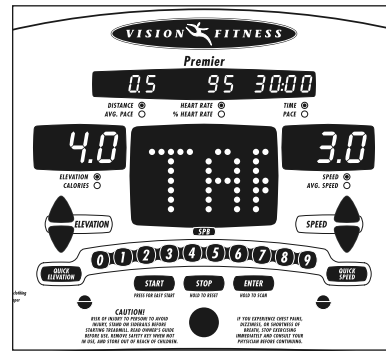
WARM-UP MODE

Now the treadmill is in the warm-up mode. The treadmill is in a manual mode for the warm-up time (3:00 for Weight Loss/5:00 for Cardio); you select the speed and elevation. At the end of the warm-up time if you have not achieved +/- 3 BPM of the target heart rate, the treadmill will adjust the elevation to +/- 3 BPM of your target heart rate.



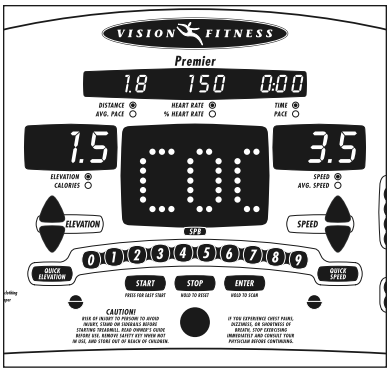
PROGRAM MODE

The Treadmill will continue to adjust your elevation to keep you in your target zone. This will repeat throughout the program.



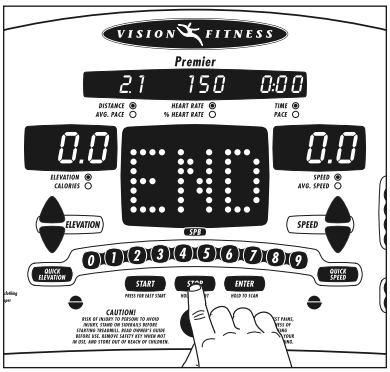
COOL-DOWN MODE

After you have completed your timed workout, the console will display: "Cool Down". This is to let you know that your program has ended. You are now in a manual mode cool-down and have control of the speed and elevation. This lets you cool-down at your own pace.



ENDING THE PROGRAM

Once you feel your cool down has elapsed, press the STOP button and the Treadmill will stop.



NOTES FOR YOUR HEART RATE TRAINING PROGRAMS

• If there is no heart rate detected, the Treadmill will not speed up or down or elevate.

• If the heart rate detected is higher than the target zone by 10 BPM, the console will "beep" and the dot matrix will display a warning message.

• If the heart rate detected is higher than the target zone by 15 BPM, the console will "beep" and the dot matrix will display a warning message. This process will repeat until heart rate has been reduced.

• If the user's heart rate is 20 beats over their target zone, the Treadmill will shut down.

NOTE: At all times, the speed and elevation keys are operative for the user.

T9700HRT & PREMIER

HRT® ENDURANCE • SPEED & ELEVATION

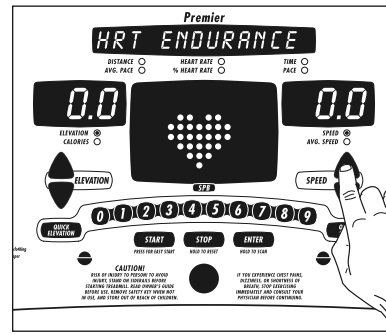
Program default is 30:00 minutes

The Treadmill has a manual mode warm-up until you reach your target heart rate. During the warm-up mode you control both speed and elevation. This does not count for the program time. Once you reach your target heart rate, the Treadmill now controls your heart rate by speed and elevation. The speed will be automatically adjusted first up to 1 MPH greater or less than the current target heart rate speed. After the console automatically adjusts your speed up to 1 MPH more or less than the target heart rate speed, the elevation will take over and adjust your elevation to keep you in your target zone. This will repeat throughout the program.

NOTE: You can follow these instructions below or you can use the scrolling instructions in the Alphanumeric Message Center.

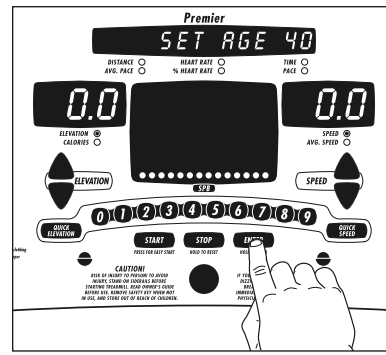
CHOOSE THE HRT® ENDURANCE PROGRAM

Press the HRT® HEART RATE key. Use either set of arrow keys to choose "***HRT ENDURANCE***". Press ENTER.



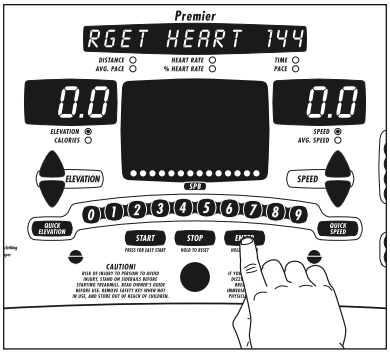
ENTER AGE

Set your age using the number keys or either set of arrow keys. Press ENTER. Your age is used to determine your predicted maximum heart rate.



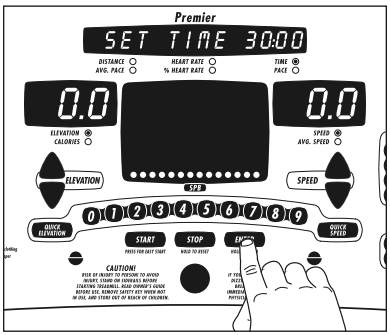
ENTER TARGET HEART RATE

(See Page 41 to determine your recommended target heart rate.) Using the number keys or either set of arrow keys, enter your target heart rate and press ENTER.



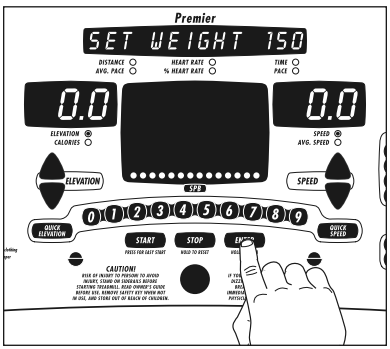
CHOOSE PROGRAM TIME

After you have chosen your target heart rate, the time window will show the program default time of 30:00. You may change the time, using the number keys or either set of arrow keys. Press the ENTER key. The minimum time for this program is 5:00.



ENTERING YOUR WEIGHT

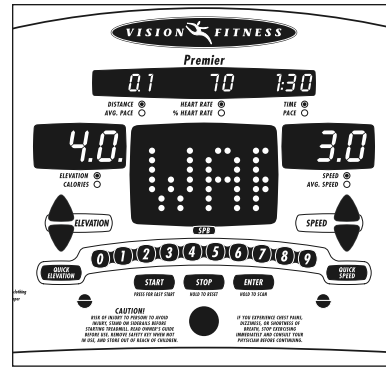
Enter weight using the number keys or either set of arrow keys. The Alphanumeric Message Center window will display the weight. Press ENTER. Press START to begin. After you press START the dot matrix will display a 3,2,1 count down and "beep". The belt will start after the count down



WARM-UP MODE

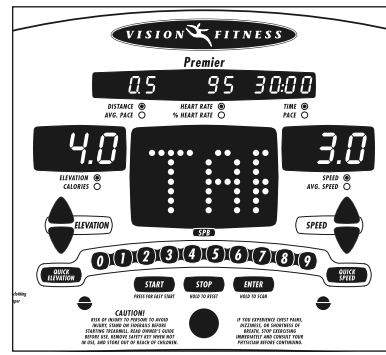
Now the Treadmill is in the manual warm-up mode. You are now in control of both the speed and elevation to reach your target heart rate zone. Once a steady heart rate within +/– 3 BPM of your entered target zone is found, the console will beep three times and then enter the Heart Rate Training mode.

NOTE: The dot matrix window will scroll: "Target Heart Rate Achieved"



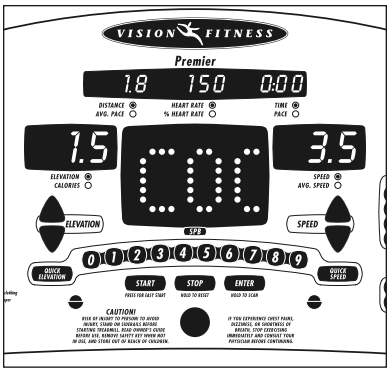
PROGRAM MODE

Now the Treadmill will automatically adjust your speed and elevation to keep you in your target zone. This will repeat throughout the program. It will adjust speed first, then elevation. Never both at the same time.



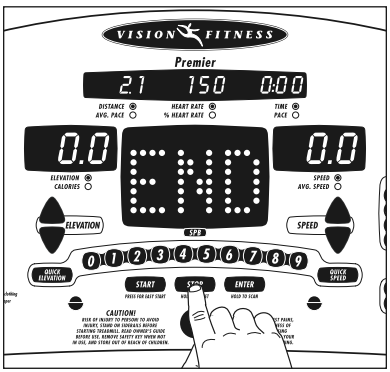
COOL-DOWN MODE

After you have completed your timed workout, the console will display: "Cool Down". This is to let you know that your program has ended. You are now in a manual mode cool-down and have control of the speed and elevation. This lets you cool-down at your own pace.



ENDING THE PROGRAM

Once you feel your cool-down has elapsed, press the STOP button and the Treadmill will stop.



NOTES FOR YOUR HEART RATE TRAINING PROGRAMS

• If there is no heart rate detected, the Treadmill will not speed up or down or elevate.

• If the heart rate detected is higher than the target zone by 10 BPM, the console will "beep" and the dot matrix will display a warning message.

• If the heart rate detected is higher than the target zone by 15 BPM, the console will "beep", and the dot matrix will display a warning message. This process will repeat until heart rate has been reduced.

• If the user's heart rate is 20 beats over their target zone, the Treadmill will shut down.

NOTE: At all times, the speed and elevation keys are operative for the user.

T9700HRT & PREMIER

HRT® INTERVAL • SPEED ONLY

Program default is 30:00 minutes

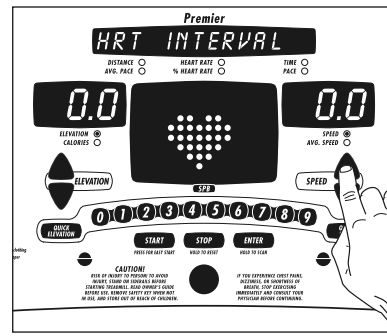
The HRT® INTERVAL has a manual warm-up mode until you reach 85% of your target heart rate. During this warm-up you control both speed and elevation. Once you reach 85% of your target heart rate, the Treadmill will control the speed to reach your work interval of 95%–100% of your target heart rate. The first 2 work intervals are 95% of your target heart rate and the remaining work intervals are 100% of your target heart rate. The work interval lasts for 1 minute from the time you reached the work interval heart rate. At the end of the one minute work interval the Treadmill will begin the recovery interval; adjusting the speed to bring you back to 85% of your target heart rate. The program will repeat the work interval/recovery interval until the program time is complete. The chart below displays the intervals.

WARM UP	***WORK INTERVAL***	***RECOVERY INTERVAL***	***WORK INTERVAL***	***RECOVERY INTERVAL***	***WORK INTERVAL***	***RECOVERY INTERVAL***
USER CONTROLS SPEED AND ELEVATION TO 85% OF TARGET HEART RATE	95% OF TARGET HEART RATE	85% OF TARGET HEART RATE	95% OF TARGET HEART RATE	85% OF TARGET HEART RATE	100% OF TARGET HEART RATE	85% OF TARGET HEART RATE

REPEAT WORK INTERVAL AT 100% TARGET HEART RATE & RECOVERY INTERVAL AT 85% TARGET HEART RATE UNTIL TIME RUNS OUT

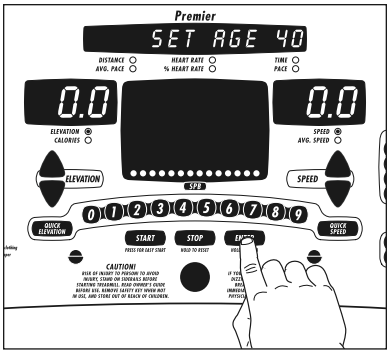
CHOOSE THE HRT® INTERVAL PROGRAM

Press the HRT® HEART RATE key. Use either set of arrow keys to choose "***HRT INTERVAL***". Press ENTER.



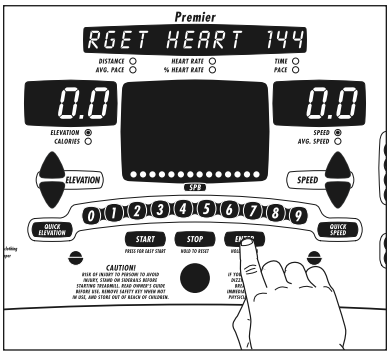
ENTER AGE

Set your age using the number keys or either set of arrow keys. Press ENTER. Your age is used to determine your predicted maximum heart rate.



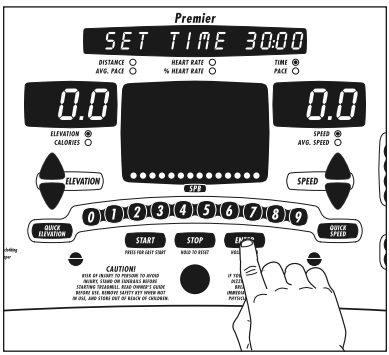
ENTER TARGET HEART RATE

(See Page 41 to determine your recommended target heart rate.) Using the number keys or either set of arrow keys, enter your target heart rate. This will be the maximum effort interval. Press ENTER.



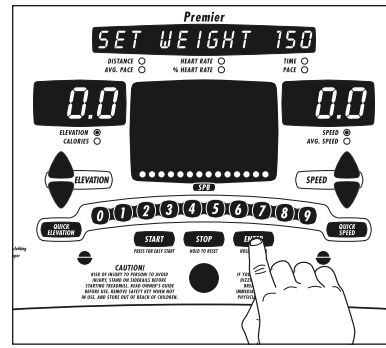
CHOOSE PROGRAM TIME

After you have chosen your target heart rate, the time window will show the program default time of 30:00. You may change the time, using the number keys or either set of arrow keys. Press ENTER.



ENTERING YOUR WEIGHT

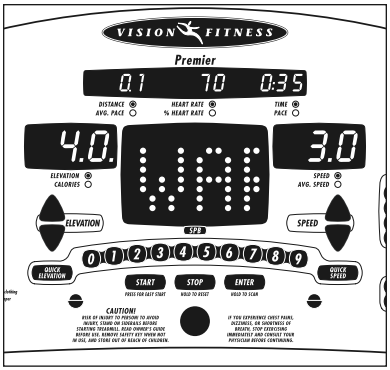
Enter weight using the number keys or either set of arrow keys. The Alphanumeric Message Center window will display the weight. Press ENTER. Press START to begin. After you press START the dot matrix will display a 3,2,1 count down and "beep". The belt will start after the count down



WARM-UP MODE

Now the treadmill is in the manual warm-up mode. You are now in control of both the speed and elevation to reach 85% of your target heart rate. Once a steady heart rate within +/– 3 Beats Per Minute of your entered target zone is found, the console will beep 3 times and then enter the heart rate training mode.

NOTE: The dot matrix window will scroll: "Target Heart Rate Achieved"



PROGRAM MODE

Now the Treadmill will automatically adjust the speed to reach your recovery heart rate and your work interval heart rate. This will repeat throughout the program.

COOL-DOWN MODE

After you have completed your timed workout, the console will display: "Cool Down". This is to let you know that your program has ended. You are now in a manual mode cool-down and have control of the speed and elevation. This lets you cool-down at your own pace.

ENDING THE PROGRAM

Once you feel your cool-down has elapsed, press the STOP button and the Treadmill will stop.

NOTES FOR YOUR HEART RATE TRAINING PROGRAMS

• If there is no heart rate detected, the Treadmill will not speed up or down or elevate.

• If the heart rate detected is higher than the target zone by 10 BPM, the console will "beep" and the dot matrix will display a warning message.

• If the heart rate detected is higher than the target zone by 15 BPM, the console will "beep", and the dot matrix will display a warning message. This process will repeat until heart rate has been reduced.

• If the user's heart rate is 20 beats over their target zone, the Treadmill will shut down.

NOTE: At all times, the speed and elevation keys are operative for the user.

GENERAL HEART RATE TRAINING RECOMMENDATIONS

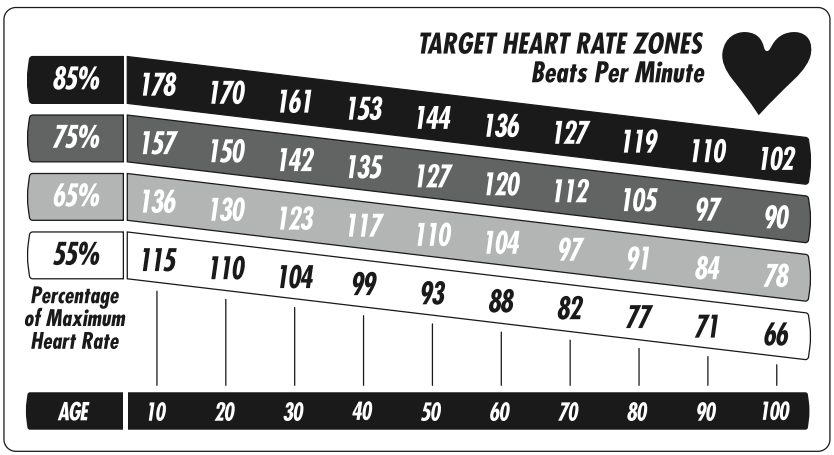
To use the Heart Rate Training Program, it is important to determine your Target Heart Rate, using the chart below. After determining your Target, you should use the Treadmill in MANUAL mode to see if the Target you have selected is correct. This will give you a good base to start your Heart Rate Training. If you feel your Target is too low or too high, keep using the Treadmill in the MANUAL mode until you feel comfortable during your workout; then you can begin using the Heart Rate Training Program.

EXERCISE INTENSITY

To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity. The two ways to monitor exercise intensity are Target Heart Rate, and Perceived Exertion.

TARGET HEART RATE

Target Heart Rate is a percentage of your maximum heart rate. Target Heart Rate will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 55% to 85% of your maximum heart rate. As a point of reference, we use the predicted maximum heart rate formula of (220 minus age) to determine your heart rate training zone. Please use the following chart to determine your predicted Target Heart Rate.



RATE OF PERCEIVED EXERTION

Rate of Perceived Exertion (R.P.E.) is one of the easiest ways to monitor exercise intensity. By becoming familiar with the RPE scale, you can continually assess your level of intensity and insure a level of exertion that is comfortable. An increase in exercise intensity is directly related to elevation in exercise heart rate. Consequently, RPE can be used alone or together with heart rate when monitoring exercise intensity.

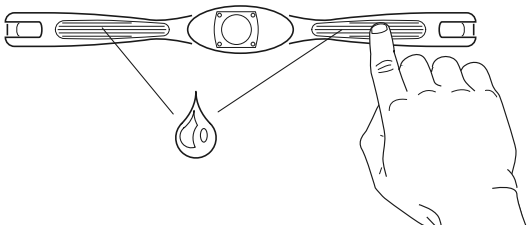
RPE SCALE

0	Nothing at all
.5	Very, very weak
1	Very weak
2	Weak
3	Moderate
4	Somewhat strong
5	Strong
6	
7	Very strong
8	
9	
10	Very, very, strong

Maximal

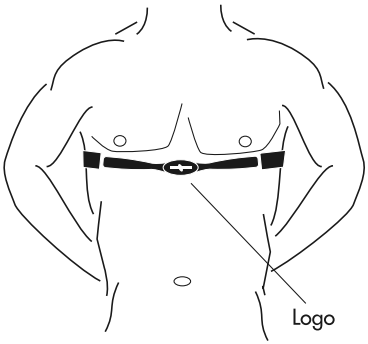
The recommended RPE range for most people is between 3 (moderate) and 5 (strong). The RPE should be independent of your pace; it is dependent on the feelings caused by the exertion.

Prior to wearing the Strap on your chest, moisten the two rubber contact pads with several drops of water and spread about with your fingers.



USING THE WIRELESS CHEST TRANSMITTER

Center the Transmitter Strap just below the breast or pectoral muscles, directly over your sternum with the logo facing out.
Adjust the elastic strap length to avoid bouncing or sliding.



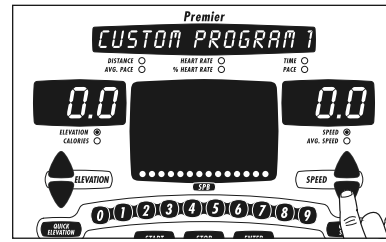
CUSTOM PROGRAMS 1-3

Design your own programs by setting the desired speed and elevation. Custom programs have 20 segments. By designing your own programs, you now can control your fitness goals workout by workout. This allows you to modify your training based on certain events or milestones you may have set for yourself.

PROGRAM DETAILS

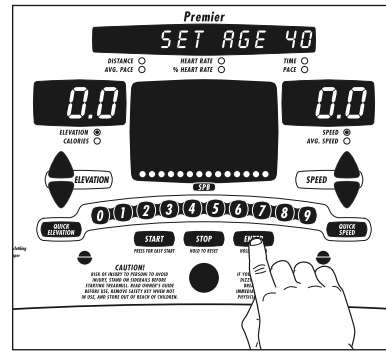
PROGRAMMING A CUSTOM PROGRAM

Select a custom program by pressing the CUSTOM key. Use either set of arrow keys to choose "***CUSTOM PROGRAMS 1, 2, OR 3***". Press ENTER.



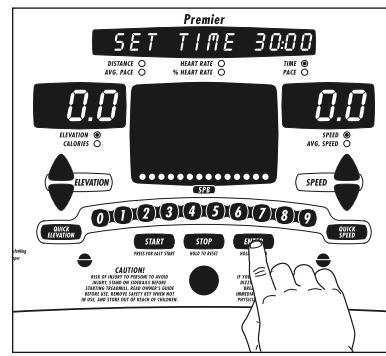
ENTER AGE

Set your age using the number keys or either set of arrow keys. Press ENTER. Your age is used to determine your predicted maximum heart rate.



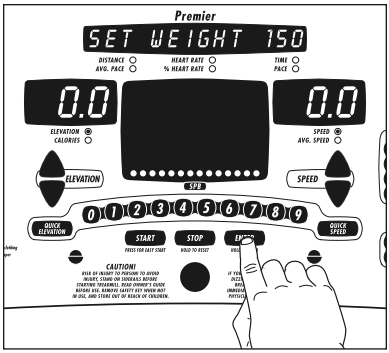
ENTER PROGRAM TIME

Enter time using the number keys or either set of arrow keys, then press the ENTER key to save total workout time.



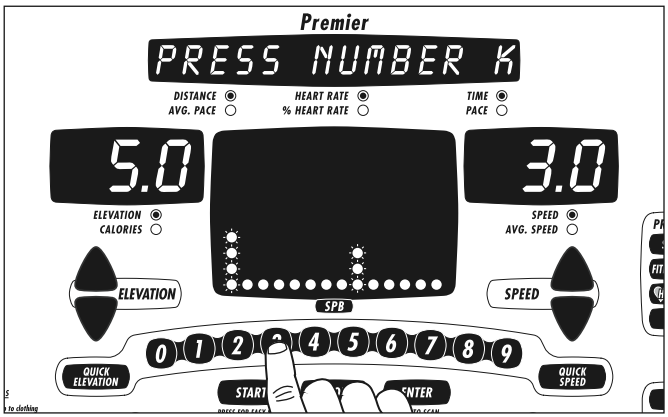
ENTERING YOUR WEIGHT

Enter your weight using the number keys or either set of arrow keys. Press ENTER. By entering your weight, the totals for calories will be adjusted according to your entered weight.



ENTER SEGMENT SPEED AND ELEVATION

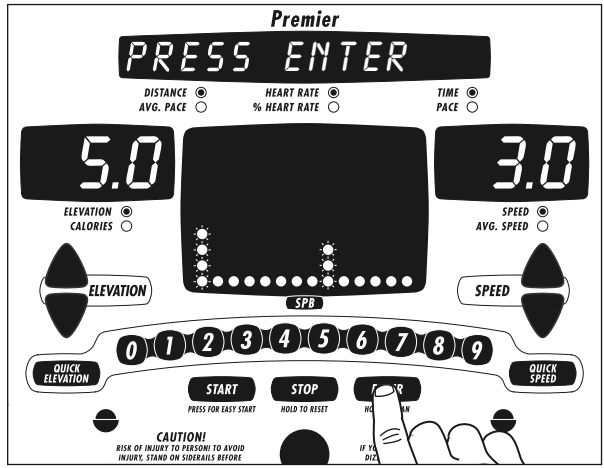
The #1 column will blink. Press the number keys or the SPEED arrow keys to change the speed segment column (Speed numeric values changing with red column). Press ELEVATION arrows to change the elevation segment column (Elevation numeric values changing with orange column). To input 10.0 mph/kph or greater press the "9" key two times and then press the UP ARROW key.



SAVING SEGMENT DATA

Press the ENTER key to store speed and elevation, then proceed to the next column.

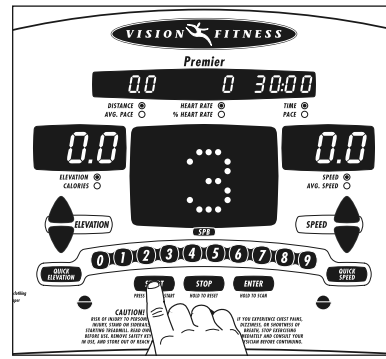
NOTE: Repeat entering segment speed and segment elevation until all 20 segments are completed.



BEGINNING WORKOUT

Begin exercising in your new custom program by pressing the START button. Once your custom program is set up, you can use the program by pressing start after entering weight.

NOTE: This program will be saved permanently and may be changed by repeating the steps above.



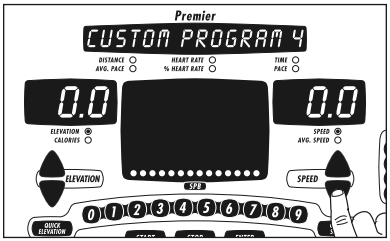
CUSTOM PROGRAMS 4 AND 5 - USER LEARN

Custom Programs 4 and 5 are special programs that allow you to save the data from your favorite workouts. The Treadmill will record the changes you make during your workout and store them to the selected program. Simply follow the instructions below.

PROGRAM DETAILS

SELECT PROGRAM

Select Custom Program 4 or 5 by pressing the CUSTOM key. Use either set of arrow keys to choose "***CUSTOM PROGRAM 4"*** or "***CUSTOM PROGRAM 5"***. Press ENTER.



ENTER PROGRAM

You can enter a pre-program or the manual program by pressing the FITNESS SOLUTIONS key. To use a manual program you must enter the manual program found when pressing the FITNESS SOLUTIONS button. To have the timer count up, set the time at ***"0:00"***. The heart rate training programs will not operate under Custom Program 4 and 5. Follow the steps to set up a program starting on page 23.

START

Once you have finished with program set up you are ready to begin. Press START to begin. **The program will save data every 10 seconds and the maximum program time is 99 minutes.**

END

When finished with your program, if you pressed the STOP button to end the program, you must press and HOLD STOP until the console beeps to complete the program. After you press and hold STOP you can save the program. If the timer ended the program at "***0:00"*** the message center will read ***"PRESS AND HOLD ENTER TO SAVE"***. You can now save the program.

SAVE PROGRAM

After you end the user program you can save the program. The alphanumeric message center will say "***PRESS AND HOLD ENTER TO SAVE USER PROGRAM***". Press and hold ENTER until console beeps to save the program. The message center will say "***USER PROGRAM SAVED***". Your program is now saved.

REPLAY USER LEARN

To use your User Learn program, simply select CUSTOM 4 or CUSTOM 5 and press ENTER. Do not hold the ENTER button or your data will be lost. When you are ready to begin, press START.

SAVE OVER USER LEARN PROGRAM

You can save over a User Learn program. Go to the CUSTOM key and press ENTER. Use the arrow keys to select CUSTOM 4 or CUSTOM 5. You can now set up another User Learn program by following the program instructions, starting with ENTER PROGRAM. To use a manual program you must enter the manual program found when pressing the FITNESS SOLUTIONS button. To have the timer count up, set the time at ***"0:00"***.

USER ENGINEERING MODE *(Models T9700S, T9700HRT, & PREMIER Only)*

Your Treadmill offers a User Engineering Mode that can access certain data and help to troubleshoot your Treadmill. User Engineering Mode is designed for you to access functions that will not affect important Treadmill settings. To access this mode, please hold down SPEED DOWN and ENTER for five seconds while the Treadmill is in any state of setting up a program. ***"USER ENG"*** displays in the alphanumeric window. Press ENTER. To access the data press either set of arrow keys to scroll through the available data/functions. To select the data/function, press ENTER. Press and hold ENTER to save data. To exit, press STOP.

P6 - UNITS

P6 represents units, English or Metric. You can select this configuration for your Treadmill.

The Treadmill configuration appears in the dot matrix. If "MI" is shown, the Treadmill is configured in English units (miles/mph); "KM" represents a Metric configuration (kilometers/kph). Press the SPEED arrows to toggle between English and Metric.

In order to save the modified value, press and hold ENTER. Note that changing units does affect the stored value of weight and clears any stored user programs. Changing units may also require you to perform auto-calibration.

P7 - MAX TIME

P7 represents maximum time the treadmill can be used. You can modify the time by using either set of arrow keys. Press and hold ENTER to save.

P8 - DEFAULT WEIGHT

P8 represents default weight. Weight appears in the alphanumeric message center. To modify weight, press the arrow keys. To save the new default weight, press and hold ENTER prior to exiting. If units (MI or KM) is modified immediately prior, weight defaults to 150 lbs. or 68 kg.

P9 - ACCUMULATED TIME

P9 represents accumulated time in hours. This information can not be modified. To exit, press STOP.

P10 - ACCUMULATED DISTANCE

P10 represents accumulated distance in either miles or kilometers. This information can not be modified. To exit, press STOP.

P14 - PAUSE TIME

P14 represents pause time. You can modify the pause time from 20 seconds to 10 minutes by using either set of arrow keys. Press and hold ENTER to save.

P15 - DEFAULT TIME

P15 represents program default time. You can modify the default time from 10–99 minutes by using either set of arrow keys. Press and hold ENTER to save.

P16 - DEFAULT AGE

P16 represents default age. You can modify the default age by using either set of arrow keys. The default age is 40. Press and hold ENTER to save.

P17 - ELEVATION ERRORS

P17 allows you to clear an elevation error. This will allow you to operate the Treadmill without elevation. Press and hold ENTER to clear.

P18 - SCROLL SPEED

P18 represents the text speed for the alphanumeric display. You can change the text speed by using the arrow keys to change the number from 1 to five. One is the fastest and five is the slowest. Press and hold ENTER to save.

P19 - DECK LUBRICATION MESSAGE (*T9700S* & *T9700HRT* ONLY)

P19 represents whether the service message for deck lubrication has been enabled. If enabled, a "1" appears in the alphanumeric display. Otherwise, a "0" appears if disabled.

To disable the message, you must press one of the SPEED keys so that a "0" appears in the right window. Then press and hold ENTER to save prior to exiting. To exit, press STOP.

P20 - CLEAN TREADMILL MESSAGE (*T9700S* & *T9700HRT* ONLY)

P20 represents whether the service message for clean treadmill has been enabled. If enabled, a "1" appears in the alphanumeric display. Otherwise, a "0" appears if disabled.

To disable the message, you must press one of the arrow keys so that a "0" appears in the right window. Then press and hold ENTER to save prior to exiting. To exit, press STOP.

P21 - CHECK MOTOR BRUSHES MESSAGE (*T9700S* & *T9700HRT* ONLY)

P21 represents whether the service message for check motor brushes has been enabled. If enabled, a "1" appears in the alphanumeric display. Otherwise, a "0" appears if disabled.

To disable the message, you must press one of the arrow keys so that a "0" appears in the right window. Then press and hold ENTER to save prior to exiting. To exit, press STOP.

AUTO-CALIBRATION *(Models T9700S, T9700HRT, & PREMIER Only)*

DO NOT STAND ON THE BELT WHEN PERFORMING THE AUTO-CALIBRATION!

You need to access User Engineering Mode to run the Auto Calibration. To access this mode, please hold down SPEED DOWN and ENTER for 5 seconds. When in the User mode, ***"USER ENG"*** appears in the alphanumeric window. Press ENTER. To access the data press either set of arrow keys until ***"AUTO-CALIBRATION"*** appears. Press ENTER.

To begin auto-cal, press START. The Treadmill will run through minimum and maximum speed and maximum incline; this will take 3-5 minutes. Let the Treadmill perform this complete function before exiting the Engineering Mode.

"END" will appear when the auto-calibration is complete. The Treadmill will come to a complete stop and return to the start-up screen in the alphanumeric window.

P22 - EXIT USER ENGINEERING MODE

P22 represents exit mode. When you press ENTER, the console performs a reboot, returning to program setup.

TROUBLESHOOTING YOUR TREADMILL

Our Treadmills are designed to be reliable and easy to use. If, however, you have a problem, these troubleshooting steps may indicate the cause.

PROBLEM: The console does not light up.
SOLUTION: Check to make sure the Treadmill is connected to a functioning outlet and that the Treadmill is turned on.

PROBLEM: The Treadmill's built-in circuit breaker trips repeatedly, shutting off for no apparent reason.
SOLUTION: The lubricating wax coating on the deck is wearing down and needs to be replenished; contact your VISION FITNESS retailer.

PROBLEM: The Treadmill shuts off when elevated.
SOLUTION: Check to make sure that the power cord is not stretched so tight that when the Treadmill is elevated the cord is pulled out of the wall outlet.

PROBLEM: The running belt does not stay in the center of the Treadmill when you are running on it.
SOLUTION: 1) Check to make sure the Treadmill is level. 2) The running belt is loose and needs to be properly tensioned (see Page 57 for proper procedure).

PROBLEM: The belt moves within 1/4" of – but does not touch – the side rail.
SOLUTION: There is nothing wrong, this is normal and will not cause any damage.

PROBLEM: An error message appears. An error message is designated by an E and a number (Example: "***E5***")
SOLUTION: Contact your VISION FITNESS retailer.

NOTE: If the above steps do not remedy the problem, discontinue use, turn the power off and contact your VISION FITNESS retailer.

TROUBLESHOOTING YOUR HEART RATE MONITOR CHEST STRAP

PROBLEM: No pulse reading appears.
SOLUTION: There may be a poor connection between the contact pads and skin. Remoisten electrodes.
SOLUTION: Transmitter is not properly positioned. Reposition the chest strap.
SOLUTION: Verify that the distance between transmitter and receiver is not beyond the recommended range of 36 inches.

PROBLEM: There is an erratic pulse rate.
SOLUTION: Chest strap is too loose; readjust according to directions.

NOTE: It is possible that heart rate monitors will not function properly on some people due to a variety of reasons. It may be necessary to experiment with the fit and position of the chest strap. Outside interference sources such as computers, motors, etc., are also a major source of problems for heart rate monitors.

COMMON TREADMILL QUESTIONS

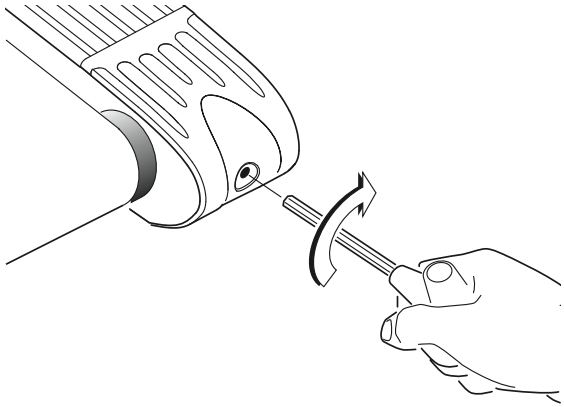
Q: Are the sounds my Treadmill makes normal?
A: All Treadmills make a certain type of thumping noise due to the belt riding over the rollers. This noise will diminish over time, although it might not totally go away. With use, the belt will stretch, causing the belt to ride more smoothly over the rollers. It might appear that one Treadmill is louder than another. There are many reasons for this and may not be due to a defect.

Q: Why is the Treadmill I had delivered louder than the one at the store?
A: All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. This is due to many acoustic differences. A number of precautions can be taken to reduce noise. For instance, a heavy rubber mat can help reduce reverberation through the floor. And finally, if a fitness product is placed close to a wall, there will more reflected noise.

Q: When should I be worried about a noise?
A: As long as the sounds your Treadmill makes are no louder than a normal conversational tone of voice, it is considered normal noise. If your Treadmill is louder than this, you may want to call your service technician. Sometimes an initial diagnosis can be made over the phone.

TENSIONING THE BELT

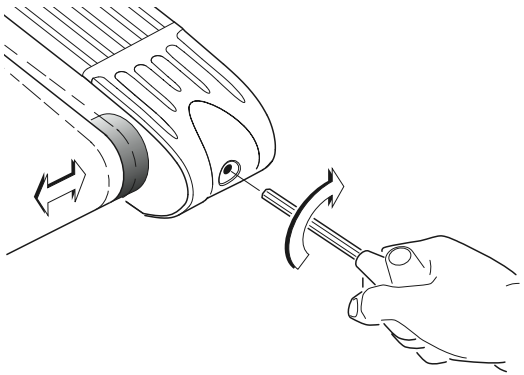
If the running belt slips when used, use the supplied 8mm Allen wrench to turn the left and right tension bolts clockwise 1/4-turn at a time until the belt no longer slips.



CENTERING THE BELT

Run the treadmill at 2.0 mph. If the running belt is too far to the *right* side, use the supplied 8mm Allen wrench to turn the *right* tension bolt *clockwise* 1/4-turn at a time until the belt remains centered during use.

If the running belt is too far to the *left* side, turn the *left* tension bolt clockwise 1/4-turn at a time until the belt remains centered during use.



HOME MAINTENANCE

PREVENTIVE MAINTENANCE

Following are several tips on taking care of your VISION FITNESS Treadmill. The location of your Treadmill is important in maintaining it properly. Find a location that does not accumulate dust and dirt easily. A clean environment can help to prolong the life and improve the performance of your Treadmill.

CLEANING TREADMILL

IMPORTANT: Before cleaning, be sure to turn off and unplug the Treadmill.

- After each use wipe the perspiration off the console and Treadmill surfaces.
- Every week, clean the Treadmill surfaces including the console, motor cover and side rails using a damp cloth. Do not use solvents as they may cause damage to the Treadmill.
- Each week vacuum around and under the Treadmill.

QUARTERLY INSPECTION

- Every three months, check the tightness of the assembly bolts to ensure they are properly tightened.
- Every three months, check the power cord.

DECK WAXING

VISION FITNESS treadmills feature a wax lubricated phenolic deck, which may never require any maintenance. However, the deck is a wearable component and, under heavier use, or in some environments, the wax lubricant can wear out. To maximize treadmill life, the decks can easily have wax reapplied.

No waxing is required for the first year of use. After one year, it is recommended to wax the deck once every six months. This will enhance the performance and life of the Treadmill. Weight can have an affect on how the wax wears on the deck. A heavier user (Example: 250 pounds and above) may need to wax more frequently. Also, running wears out wax faster than walking. Ask your VISION FITNESS retailer for information about treadmill maintenance.

T9700 SERIES COMMERCIAL MAINTENANCE

FOR *BEST* PERFORMANCE WE RECOMMEND THE FOLLOWING MAINTENANCE SCHEDULE:

ITEM	WEEKLY	MONTHLY	QUARTERLY	ANNUALLY
CONSOLE BOLTS			INSPECT	
FRAME	CLEAN			INSPECT
RUNNING BELT	CLEAN		INSPECT	
DECK**	CLEAN (VACUUM)		INSPECT	
POWER CORD	INSPECT			
CONSOLE	CLEAN	INSPECT		
BOTTLE HOLDERS	CLEAN			
HANDLEBARS	CLEAN		INSPECT	
HANDLEBAR BOLTS			INSPECT	
FRONT/REAR ROLLER			INSPECT	
STOP KEY	INSPECT			
MOTOR DRIVE BELT			INSPECT	
WAX DECK		YES*		
DECK BOLTS			TIGHTEN	
DRIVE BELT			TENSION	
MOTOR MOUNT BOLTS			TIGHTEN	
CONSOLE UPRIGHTS			TIGHTEN	
RUNNING BELT		ASSURE TENSION		
UNDER MOTOR HOOD		VACUUM		

NOTE: Failure to follow the instructions and warnings in the Owner's Guide or to provide reasonable and necessary maintenance may void the warranty.

*No waxing is required the first six months of use. After six months, it is recommended to wax once a month for best performance.

**It is recommended to flip the deck after 2 1/2 years.

LIMITED HOME USE WARRANTY

VISION FITNESS extends the following exclusive, limited warranty, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only. Any other use of the device shall void this warranty.

VISION FITNESS hereby extends the following limited warranties for the following components of the device, for the time period indicated:

FRAME - LIFETIME VISION FITNESS warrants the Frame against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner.

MOTOR - LIFETIME VISION FITNESS warrants the Motor against defects in workmanship and materials for the life of the product from the date of original purchase, so long as the device remains in the possession of the original owner.

ELECTRONICS and PARTS* - FIVE YEARS VISION FITNESS warrants the electronics and all original parts against defects in workmanship and materials for a period of five years from the date of original purchase, so long as the device remains in the possession of the original owner.
*T9700S and T9700HRT - TEN YEARS

LABOR - ONE YEAR** VISION FITNESS shall cover the Labor cost for the repair of the device for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.
**T9700S and T9700HRT - TWO YEARS

LIMITED HOME USE WARRANTY (continued)

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective Parts, or the supply of Labor to cure any defect, provided that Labor shall be limited to one year (two years T9700S and T9700HRT). All Labor shall be supplied by the local Retailer and the product must be located within that Retailer's service area. Products located outside the Retailer's service area will not be covered by the Labor warranty.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, Electronic component, or defective Part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the Fitness Product as sold. The warranty does not cover failure to follow instructions and warnings in the Owner's Guide or failure to provide reasonable and necessary maintenance. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and Electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at www.visionfitness.com. Inside the enclosed warranty card you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new Treadmill. Thank you for selecting a VISION FITNESS product.

T9700S & *T9700HRT* COMMERCIAL WARRANTY

COMMERCIAL USES DEFINED VISION FITNESS warrants the *T9700S* and *T9700HRT* model treadmills for use in commercial facilities. Examples of commercial facilities include but are not limited to: Hotels; Resorts; Police and Fire Stations; Apartment Complexes; Rehabilitation and Sports Medicine Clinics; Hospitals; Elementary, Middle, and High Schools; YMCAs; Private Health Clubs; Colleges and Universities.

FRAME - LIFETIME VISION FITNESS warrants the Frame against defects in workmanship and materials for the lifetime of the original owner so long as the device remains in the possession of the original owner.

MOTORS - FIVE YEARS VISION FITNESS warrants the motors against defects in workmanship and materials for a period of five years from the date of original purchase, so long as the device remains in the possession of the original owner.

ELECTRONICS AND PARTS - FIVE YEARS VISION FITNESS warrants the original parts against defects in workmanship and materials for a period of five years from the date of original purchase, so long as the device remains in the possession of the original owner. This warranty does not cover failure to follow instructions and warnings in the Owner's Guide or failure to provide reasonable and necessary maintenance.

LABOR - TWO YEARS For a period of two years from date of purchase, VISION FITNESS, through its local retailers, will provide the necessary labor for repair and replacement of frames, electronics, motors, and parts under this warranty, so long as the device remains in the possession of the original owner.

T9700S & *T9700HRT* COMMERCIAL WARRANTY (continued)

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective parts or the supply of labor to cure any defect, provided that the labor be limited to two years.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective frame, electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the product as sold. This warranty does not cover failure to follow instructions and warnings in the Owner's Guide or failure to provide reasonable and necessary maintenance. This warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at **www.visionfitness.com**. Inside the enclosed warranty card you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new treadmill. Thank you for selecting a VISION FITNESS product.

DEVELOPING A FITNESS PROGRAM

By purchasing this piece of VISION FITNESS exercise equipment, you have made a commitment to exercise and now have the convenience of exercising in your own home. Your new equipment offers the flexibility to exercise at whatever time suits you best. It will be easier to maintain a consistent exercise program that will help you achieve your fitness goals.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long-term fitness program is to determine your goals. Is your primary goal to lose weight? Improve muscle tone? Relieve stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. If possible, try to define your personal goals in precise, measurable terms over specific periods of time. Examples of these goals might include:

- Decrease your waistline by two inches over the next two months.
- Run the local 5K race this summer.
- Lose 10 pounds in the next three months.
- Get 30 minutes of cardiovascular exercise at least five days per week.
- Improve your race time by two minutes over the next year.
- Move from walking a mile to jogging a mile within the next three months.

The more specific the goal, the easier it will be to track your progress. If your goals are long-term, divide them into monthly and weekly segments. Long-term goals can lose some of the motivational benefits. Short-term goals are easier to achieve and will allow you to see the progress you are making. Every time you reach a goal, it is important to set a new goal. This will lead to a healthier lifestyle and will provide the motivation that you will need to move forward.

TRACK YOUR PROGRESS

Now that you have set your exercise goals, it is time to write them down and make an exercise schedule that will help you achieve them. By keeping a fitness diary, you will stay motivated and know where you are in terms of reaching your goals. As time goes on, you will be able to look back with pride to see how far you've come. See pages 70-73 at the end of this section for weekly and annual exercise logs. Copy these logs to keep your own Fitness Diary.

EXERCISE GUIDELINES

WARM-UP

A warm-up activity should be a progressive aerobic activity that utilizes the muscles you will be using during the workout. There is no set warm-up intensity. A typical warm-up will produce a small amount of perspiration, but not leave you feeling fatigued. Intensity and fitness level will affect the duration of your warm-up, but 5-10 minutes is usually recommended.

EXERCISE DURATION

A common question asked is, how much exercise do I need? We recommend following the guidelines set up by the American College of Sports Medicine (ACSM) for healthy aerobic activity.

- Exercise three to five days per week.
- Warm up for five to 10 minutes before aerobic activity.
- Maintain your exercise activity for 30 to 45 minutes.
- Gradually decrease the intensity of your workout, then stretch to cool down during the last five to 10 minutes.

If weight loss is a major goal, participate in your aerobic activity at least 30 minutes for five days each week.

EXERCISE INTENSITY

The next question asked is, how hard do I need to workout? To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity range. We recommend using one of two methods to measure exercise intensity. These two methods are performed by monitoring your exercise heart rate or by using the Rate of Perceived Exertion (RPE). Please see pages 41 and 42 for the Target Heart Rate Chart and RPE Scale.

BALANCED FITNESS

While cardiovascular exercise has been the primary method of fitness for many programs over the years, it should not be the only method. Strength Training and Flexibility Training have become more popular as exercise has developed. Incorporating Strength and Flexibility Training into your current exercise program will give you the balance you need to improve your athletic performance, reduce susceptibility to injury, increase metabolic rate, increase bone density, and reach your goals faster.

STRENGTH TRAINING

Strength Training was once known as an activity performed by young males only. That has changed with the advances in scientific research on Strength Training over the last 20 years or so. Research has proven that, after age 30, we begin to lose muscle mass if we do not incorporate Strength Training into our exercise program. With this decrease in muscle mass, our ability to burn calories decreases, our physical ability to do work decreases and our susceptibility to injuries increases. The good news is that, with a proper Strength Training program, we can maintain or even build muscle as we age. A proper Strength Training program will work the muscle groups of the upper and lower body. There are now many options available for Strength Training including: yoga, Pilates, selectorized machines, free weights, stability balls or medicine balls, exercise tubing and body weight exercises, just to name a few.

Recommendations for a minimum Strength Training program include:

FREQUENCY: Two to three days per week

VOLUME: One to three sets consisting of eight to 12 repetitions.

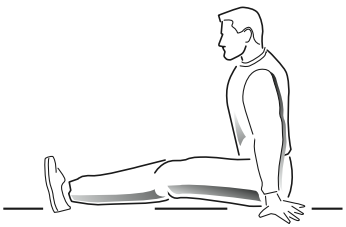
STRETCHING

Flexibility Training is not associated with fitness as often as cardiovascular exercise or Strength Training, even though it is just as important. A good stretching program will help to maintain flexibility of the hips and lower back. A flexible person will be less likely to injure themselves in common activities, such as reaching, twisting and turning, or in uncommon activities such as the annual softball game.

Before stretching, take a few minutes to warm-up the muscles because stretching a cold muscle can cause injury. Start your stretch slowly, exhaling as you gently stretch the muscle. Try to hold each stretch 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch offers less chance of injury. Don't strain or push a muscle too far. If it hurts, ease up. Here are a few stretches you can incorporate into your exercise program:

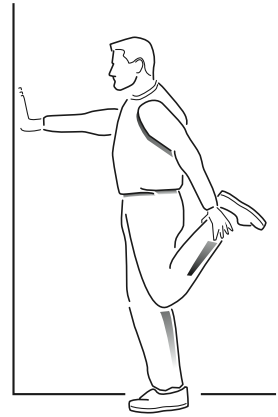
SEATED TOE TOUCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers toward your toes, exhaling as you go. Hold for 15 to 30 seconds. Return to the start position, and repeat as necessary.



STANDING QUADRICEPS STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing toward the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg, and continue to alternate as necessary.



STANDING CALF STRETCH

Standing about three to four feet from the wall, take one step forward with your right foot. Place your hands on the wall in front of you. Bend your right leg slowly, using your movement to control the amount of stretch in the left calf. Your left heel should remain on the ground. Slowly bring yourself back to the starting position and switch legs. Repeat as necessary.

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

January

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

February

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

March

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

April

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

May

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

June

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

July

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

August

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

September

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

October

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

November

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

December

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

it all starts with a

vision

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